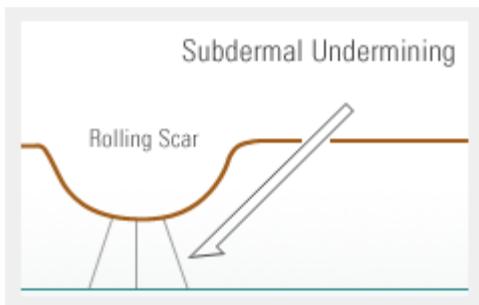


OTHER TREATMENTS FOR ACNE SCARS

Each subtype of acne scar will have different treatment requirements for the best results. Specialists at Westside Dermatology will often combine treatments such as laser, TCA chemical peels and surgical techniques to address the array of acne scars patients may have. This varied treatment approach will give optimal outcomes.

Subcision is a surgical technique to release tethered scars.

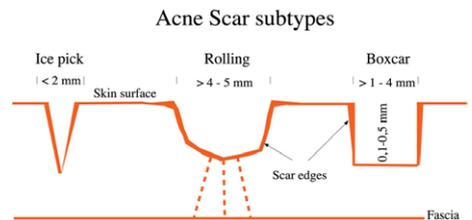
This technique breaks down collagen fibres that pull down or pucker an acne scar downwards. The surrounding scar is injected with an anaesthetic solution, after which a needle is used to run parallel to the skin to deeper structures. Breakage of the bands that bind down the scar lifts the acne scar over time. Punch excision can also be used to treat deeper ice pick scars.



Chemical peels can help mild cases of acne scarring.

AHA or Glycolic acid peels are gentle chemical peels designed to refresh your skin. This peel is also called a 'lunchtime peel'. Treatments are quick and effective with no patient downtime. Chemical peels can stimulate collagen which can repair cases of mild acne scarring.

NOTE- Clear Skin Program is ONLY suited for mild cases of acne scarring and to improve skin texture. For more severe forms of acne scarring, laser treatment is recommended.



Microdermabrasion for acne scars- has been outdated for years!

The use of microdermabrasion for the treatment of acne scars is of limited value. Acne scars lie deep in the middle layers of skin beyond the reach of Microdermabrasion. We have replaced microdermabrasion for the treatment of acne and uneven skin texture with laser micropeels or chemical peeling.

Dermal fillers / dermal grafting and punch grafting - treats depressed acne scars



This method may be effective in treating depressed scars. Fillers and dermal grafts lift depressed areas, and help replace lost collagen. Punch grafting can be used to treat deeper ice pick acne scars. Specialist often combine TCA chemical peels- TCA Cross with punch grafts and punch excisions for deep scars.

V Beam vascular laser - a method to treat red acne scars

Acne scars may present as red marks on the skin. Specialists at Westside Dermatology use a laser called V Beam Vascular laser to help reduce redness and soften lumpy acne scars. Several treatments are needed for best results.



OTHER TREATMENTS FOR ACNE SCARS cont'd

Scar and cyst excisions- are ideal for deep ice pick scars



Ice picks scars- ideally treated with TCA cross, or punch excision, punch grafting.

Deep ice pick scars are best treated with either punch excision, punch grafting or TCA cross. The use of Fraxel/Fractionated laser is NOT effective in treating this type of scarring however maybe used on the surrounding skin. Surgical

excisions of deep acne scars are a straightforward process if performed by a specialist. Most patients only require one or two stitches per scar, and the sutures are out within 5 days. This procedure is partially covered under Medicare.

Blue and red light treatments for acne and scars- should be supervised by Specialists for best results

Red and blue light treatments have been reported to be of limited value in the treatment of acne. Specialists believe that red and blue light treatment of acne should be combined with medically prescribed measures for good results. We combine red light, vitamin A cream and a series of chemical peels as part of **Westside Dermatology's Clear Skin Program**.



Injections for Acne scars- ideal for lumpy red scars

These corticosteroid injections are a way to treat raised acne scars called hypertrophic or keloid scars. These scars can occur on the back, jawline, shoulders or chest area and present as red or pink lumpy areas. We often combine V Beam vascular laser with injections for the best results. Usually 2-3 treatments are needed for the best results. Medicare rebate applies to this form of acne scar treatment

Creams For Acne Scars- Vitamin A, AHAs and a simple secret available from every pharmacy



Specialists at Westside Dermatology often prescribe a Vitamin A cream for the treatment of acne. This may help with very mild cases of acne scars, especially if combined with AHA chemical peels.

Bio Oil can also help with scarring, especially in patients on Roaccutane, however this must be supervised by your Dermatologist. Starting Bio Oil too early in the treatment course can make acne worse.

SPECIALIST INSIGHTS ON TREATMENTS FOR ACNE SCARS



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The vast array of possible treatments for acne scars reflects the types of scars seen compounded by individual factors such as skin type and scar location. Prior to any form of acne scar revision, a well thought out plan will need to be in place to address scar types and to inform patients of projected treatments.